



# NEWS ON BROADWAY

58 BROADWAY, ROCKPORT, MA  
978-546-2573



**NOV. - DEC. 2019**

## **WEEKLY ACTIVITIES**

### **Monday**

Forever Fit

8:30- 9:45 AM

10-11:15 AM

Strength & Balance

9-10AM

Bingo 1-3:30PM

### **Tuesday**

Yoga 9-10AM

Tai-Chi

10:30-11:30AM

Strength & Balance

5:30-6:30PM

### **Wednesday**

Forever Fit

8:30- 9:45

Tai-Chi 9-10AM

Canasta 1-3 PM

### **Thursday**

Yoga 9-10AM

Duplicate Bridge Class

10:30-11:30AM

Duplicate Bridge

12-4PM

Quilting/Knitting

1-3:30PM

Strength & Balance

5:30-6:30PM

### **Friday**

Forever Fit

8:30-9:45AM

Strength & Balance

9-10AM

Yoga

11:30AM-12:30PM

***"The Town of Rockport and its Council on Aging provide this information to assist the community. It does not endorse or recommend any of the vendors in any way."***

### ***Would You Like to Volunteer?***

Tuesday, November 5th, 10:30-11:30AM. The AARP Foundation Tax-Aide has kicked off a volunteer recruitment for its Tax-Aide program. It is looking to expand its team of volunteers for the upcoming tax season. There are a variety of volunteer roles, including tax preparers, client facilitators, someone to provide technical and management assistance and interpreters. Every level of experience is welcome. Volunteer tax preparers complete tax preparation training and IRS certification. Please join us for an open house. Experienced volunteers will be on hand to answer any of your questions concerning the program.

### ***Morning Movement Strategies***

Wednesday, November 6th, 10:30AM. For many aging adults, joint stiffness, pain or discomfort are the worst when we first get out of bed in the morning. This interactive talk addresses how our bodies feel when we awaken each day, and how to manage these feelings so that we are able to roll out of bed and greet the day feeling a bit better. Come share your experiences and learn some strategies to make moving easier. Most movements discussed can be done before our feet even touch the floor. Please come prepared to take notes if you wish. Call to register.

### ***Pizza Party***

Wednesday, November 13th, 12PM. Come enjoy a delicious pizza party. Bring your friends and enjoy this free lunch. Space is limited, call for reservation. Sponsored by the Friends of Rockport COA.

### ***Christmas Centerpiece***

Wednesday, December 11th, 1PM. Audrey's Flower Shop will be here helping us make Christmas Centerpieces. Cost is \$15.00. Payment is due when registering. This is sponsored in part by the Friends of the Rockport COA. Space is limited.



### ***Christmas Breakfast & Social Hour***

Monday, December 16th, 8:30-9:30AM. We will be serving breakfast sandwiches, fruit cup, coffee and juice. Space is limited. Call for a reservation. Sponsored by Friends of Rockport COA.

### ***Senior Care Options Information Session***

Tuesday, December 17th, 12:30PM. Please join Lauren Gray from Commonwealth Care Alliance to learn about Senior Care Options (SCO). This program "piggybacks" on Mass Health coverage to expand insurance benefits to include dental, transportation to appointments, and more. Free raffle of Market Basket gift cards for all who attend. Call to register.

## ***Reservations for Trips and Activities***



We will take reservations and payments at the Senior Center on

**Tuesday afternoons from 1:30-3PM and Thursday mornings**

**from 9:30-11AM.** Anyone traveling with us will need to have an up-to-date Health Profile. You can find the Health Profile on the Council on Aging website or pick one up in the office. Payment is due when the reservation is made. Checks are made out to Friends of Rockport COA and will not be deposited until the trip is confirmed.

Please arrive 15 minutes before departure time. The bus driver's tip is not included in the price unless stated. We look forward to having you travel with us!

*Please note: Passengers who are not ambulatory, require assistance or unable to care for themselves must have a family member or personal care attendant escort them. The COA, tour company and site staff cannot be responsible for personal care assistance.*

***All trips depart from the Park n' Ride lot, Blue Gate Lane unless otherwise stated.***

## ***DAY TRIPS***

### ***Merrimack Outlets Shopping Trip***

Tuesday, December 3rd, 9AM. We will travel to the Merrimack Outlets in New Hampshire for a fun-filled day of tax free shopping. There is a food court available with a variety of choices to have lunch on your own. We will leave the mall at 2:30PM to return home. Cost is \$10.00. This trip is sponsored in part by the Friends of the Rockport COA.



### ***The Norman Rockwell Museum, Red Lion Inn and Bright Nights***

Tuesday, December 10th. Depart at 7AM. We start the day with a visit to Norman Rockwell Museum. This museum presents the largest collection of the original Norman Rockwell art. Experience Rockwell's art, life and legacy in the artist's picturesque New England hometown of Stockbridge, MA. Next we will enjoy lunch at The Red Lion Inn located in the heart of the Berkshires. This historic inn is filled with New England charm, and has hosted quite a few presidents over the years. We will end the day with a visit to Bright Nights in Springfield, MA. You will love this gorgeous light display. \$99.00. We will return approximately 8:30PM.



### **Attorney Advice and Estate Planning**

The first Thursday of each month, Troy Sullivan, an estate planning and probate attorney will meet with you to discuss your legal concerns and guide you in the right direction. 15 Minute consults, 9:30-11AM, by appointment.

### **North Shore VNA Nurse**

The nurse will be at the Senior Center on the second Thursday of each month from 9:30-11:30AM. She is available to check your blood pressure, pulse, heart and lung monitoring, diabetes testing, B12 administration and answer your healthcare questions. No appointments are necessary.

### **Constituents Services**

Constituent Services and Community Outreach Advisor, Richard Curran has office hours at the Senior Center once a month to address any issues you may need help with. No appointment is necessary. He will be here on the following Wednesdays, November 13th and December 11th, 11AM-12PM.

### **Birthday Party**

Thursday, December 12th, 12:30-1PM  
If you are 70+, come celebrate your November and December birthdays with us. We will be enjoying cake, ice cream and a free raffle. Bob Wech will play the piano. Please RSVP.



### **AGH Senior Holiday Meal**

Wednesday, December 4th, 4:30PM. There will be a delicious holiday meal along with a guest speaker from the community, musical entertainment and a visit from Santa! Rockport Seniors, call the Senior Center to make your reservations. Space is limited.



### **Senior Center Snow Policy**

When the Rockport schools are closed due to inclement weather, the Senior Center cancels all scheduled activities. This allows the DPW to remove the snow and plow the streets. As always, we encourage you to stay home and be safe during a storm.



### **Holiday Closings**

We will be closed on the following holidays:



Veterans Day, November 11th

Thanksgiving, closing at noon on November 27th, closed on November 28th & 29th.

Christmas Eve, December 24th, closing at noon, Christmas Day, closed. New Years Eve, December 31st, closing at 1PM.

### **Signing In**

Whether you are here to exercise, to use the computers, shredders or attend a presentation, or lunch, we always have you sign in. Your information is confidential and only the attendance numbers, not individual names are used for funding, grants and for the annual report.

### **What's On Your Bucket List?**

Everyone has a "bucket list". Some people want to travel to exotic places, some may want to learn a different language. It doesn't matter how elaborate or simple it is, we would love to know what's on your list! This will help us with ideas for new programs, events and trips. Fill in the list and drop it in our suggestion box located in the lunch room. We look forward to reading your ideas and see if we can help you accomplish some of them.



### **BUCKET LIST**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_



**Memorial Gifts Made to  
"Friends of the Rockport COA"**



*In Memory of Marshall Saville:*

*Diane Hildreth*

*Mary Beth Bayer*

*In Memory of Edith Humlin:*

*Wayne & Lynda Figurido*

*In Memory of Ron McArdle:*

*Nancy Balf*

*In Memory of Martha Bliss Safford:*

*Nicholas Safford*

*In Memory of Don Charest:*

*Judy Cooney*

*In Honor of Roger Lesch:*

*Ken & Marianne Novack*

*Mort Kaplan*

*Barbara Paradis*

*Donations were received from:*

*Patricia Ryan*

*Betsy Linsenmeyer*

Thank you to Institution for Savings,  
*GivingForGood Team* for hosting an ice  
cream social here at the center.

Everyone enjoyed a delicious sundae  
with their choice of toppings.



**Monday Bus Trips**

CATA provides service to shopping centers outside of Cape Ann for seniors and disabled customers. They will pick up in front of the Senior Center on Mondays at 9:30AM. The bus will start the return trip at 1PM to Gloucester and Rockport Senior Centers. \$5.00 round trip, call 978-283-7916.

1st Monday	Walmart
2nd Monday	Christmas Tree Shop
3rd Monday	Trader Joe's
4th Monday	Liberty Tree & North Shore Mall
5th Monday	Ocean State Job Lots

**Movies**



Weekly Movies will resume on  
Tuesdays at 1:30PM in the lunch  
room.

November 5th, Breakthrough

November 12th, Rocketman

November 19th, The Sun is Also a Star

November 26th, A Dog's Journey

For the month of December we will be  
showing Holiday movies each week.

### ***Meals in Dining Room***

SeniorCare lunches are served Monday-Friday at 11:30AM. All seniors are welcome to attend. Meals must be enjoyed at the Senior Center. Reservations should be made at least 48 hours in advance for special luncheons that are listed below and 24 hours in advance for the daily lunch, by calling **Michelle at 978-546-5027**. If you need to cancel, please call, as there may be a waitlist.

### **Special Luncheon with Musical Entertainment**

#### ***Thanksgiving Luncheon***

Thursday, November 21st

Turkey, gravy, stuffing, cranberry sauce, whipped potatoes, butternut squash, dinner roll and pumpkin pie, \$2.00.



#### ***Winter Holiday Luncheon with Musical Entertainment.***

Thursday, December 19th

Ham with brown sugar glaze, Au gratin potatoes, green beans, Parker House roll and Upside Down Berry Cheesecake, \$2.00.



### **Traveling Chef**

#### ***New England Traditional Luncheon***

Wednesday, November 6th

Clam chowder with oyster crackers, roast turkey sandwich, cranberry mayo, lettuce & tomato on a Kaiser Roll, Boston baked bean and a Whoopie Pie, \$3.00.

#### ***Backyard BBQ***

Tuesday, December 17th

Pork kabobs with rice pilaf, grilled eggplant, scallions for garnish, dinner roll and Key Lime Pie, \$3.00.

### ***Participation Policy***

The Council on Aging has a new Participation Policy which has been approved by the Board of Selectmen. This document defines eligibility criteria and standards of behavior for adults, aged 60 and older who wish to participate in activities and services at the Rockport Senior Center. The registration and sign-in process is described as well as the range of services available. Finally, this document offers explanations on how staff attempt to resolve concerns or conflicts that occur in the course of operating the senior center. It is currently on the Town's website under Council on Aging and is available in the office. Everyone will need to sign the form stating that you have read the policy.

***The Rockport Council on Aging would like to thank***

***Addison Gilbert Hospital for sponsoring the printing of our newsletter.***

ROCKPORT COUNCIL ON AGING  
DIANE BERTOLINO, DIRECTOR  
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58 BROADWAY  
ROCKPORT, MA 01966

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### ***Open Door Mobile Market***

The COA, along with the Open Door and SeniorCare, offers the Senior Mobile Market. This 60+ program offers free fresh fruits and vegetables, plus an assortment of canned goods on the first Thursday of each month from 10-11AM. Applications are available by calling the Senior Center or at the Mobile Market.



***Due to the ban on plastic bags, please bring your own bags to the Mobile Market.***

### ***Donations***

We welcome all donations. If you would like to make a tax-deductible donation in memory or in honor of someone, or a bequest, please make checks payable to the *Friends of Rockport COA*.

Name \_\_\_\_\_ \$\_\_\_\_\_.

Address \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Please circle: In Memory or in Honor of \_\_\_\_\_

***Mail to Friends of Rockport COA, c/o 58 Broadway, Rockport, MA 01966***